

Name: _____

Roger Carter Community Center Alternate Workout Log- Upper Body/Core



1				
	Exercise	Weight	Sets	Reps
Biceps	Weighted Bar Curl			
	Start at waist level			
Triceps	Dumbbell Overhead Ext.			
	Start w/ DBs on shoulder, elbows pointed out; extend up			
Chest	Single Arm Band Push			
	Resistance Band			
Back	Single Arm Band Pulls			
	Resistance Band			
Shoulders	Dumbbell Lateral Raise			
	Straight arms; raise as high as comfortable			
Traps	Dumbbell Shrugs			
	Hold Dumbbells at side, stiff arms, shrug weight upward			
Core	Medicine Ball Twist			
	Stiff Arms/body, rotate from core			
Cardio	Machine:		Minutes:	

2				
	Exercise	Weight	Sets	Reps
	Dumbbell Alternating Curl			
	Start with DBs at side, alternate arms			
	Single Arm Band Extension			
	Resistance band; Start w/ arm at hip; push back to straighten arm			
	FTS Single Arm Push			
	Levers at middle height; handle attachments; alternate arms			
	FTS Rope Pull			
	Lever at middle height; rope attachment			
	Dumbbell Overhead Press			
	Start at shoulder height; press straight up overhead			
	Weighted Bar High Pulls			
	Start at waist; finish with elbows even w/ shoulders			
	Band Rotations			
	Res. Band; arms straight out in front; rotate as far as possible			
	Machine:		Minutes:	

Date Last Completed:

Date Last Completed:

Date Last Completed:

Date Last Completed:

*This workout card is intended to provide barrier free and least restrictive exercises for functional independence. It groups similar modalities of upper body exercises in an effort to provide a more fluid workout. This is not an exercise prescription, merely a suggestion. Exercises can be performed in any order, any grouping, or be substituted with other exercises at your own discretion.

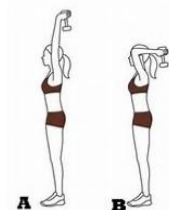
Exercises

1

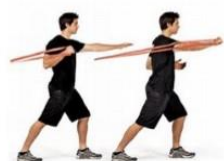
Weighted Bar Curl



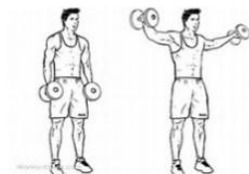
Dumbbell Overhead Extension



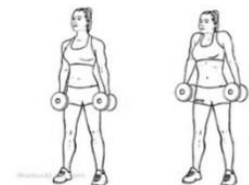
Single Arm Band Push/Pull



Dumbbell Lateral Raise



Dumbbell Shrugs



Medicine Ball Twists



2

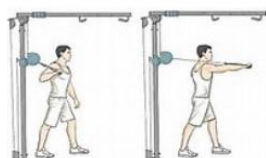
Dumbbell Alternating Curl



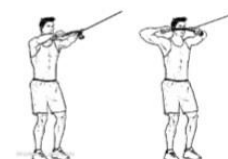
Single Arm Band Extension



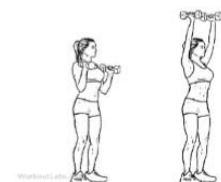
FTS Single Arm Push



FTS Rope Pull



Dumbbell Overhead Press



Weighted Bar High Pulls



Band Rotations



Equipment

FTS



(Rope Attachment)



(Handle Attachment)

Medicine Ball



Dumbbell



Band



Weighted Bar

